

HOW KIDS WHO PLAY INSTRUMENTS BENEFIT

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A music curriculum is an important component of a well-rounded education, writes Stephanie Stein Crease, author of "Music Lessons: Guide Your Child to Play a Musical Instrument (and Enjoy It!)." When your child plays a musical instrument, he benefits from mastering a new skill through exposure to many different types of music. Your child will receive the multiple benefits of becoming musically talented no matter what instrument he chooses. Encourage your child to practice his own selections of music so he truly enjoys the experience and gains the most from it.

Increases Self-Esteem

According to Beth Luey and Stella Saperstein, authors of "The Harmonious Child: Every Parent's Guide to Musical Instruments, Teachers, and Lessons," learning to play a musical instrument boosts your child's self-esteem as she masters a new skill. When your child plays an instrument of her choice, whether she is a beginner or an expert, she experiences the sensation of doing something entertaining for herself and others. As she learns additional skills that allow her to play well, her self-esteem will increase as she discovers that she is able to reproduce musical selections on her instrument.

Enhances Learning

Luey and Saperstein write that playing a musical instrument can help boost your child's academic performance in the classroom. When learning to play a musical instrument, your child is exposed to rhythm and counting that can help him improve his understanding of many different subjects, particularly the concepts presented in mathematics. Music can also improve your child's study skills, attention to detail and ability to memorize and repeat important facts.

Promotes Community

When your child plays an instrument, chances are she performs with other children who are both older and younger than she is. Crease reports that playing music as a group builds a sense of community and enables your child to feel as if she belongs to something bigger than herself. Working on playing music in harmony with other children will help your child learn about working as a team and will motivate her to work harder so she does not let her peers down. Cooperating for the purpose of a common goal is a skill that children need as they get older and playing a musical instrument is a powerful way to show your child the value of cooperating with others.

References

"Music Lessons: Guide Your Child to Play a Musical Instrument (and Enjoy It!)" ; Stephanie Stein Crease; 2006